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UNITED STATES DEPARTMENT OF AGRICULTURE
Food Distribution Administration



511-513 U. S. Court House
Phone 2-1365

Fort Worth, Texas
April 1, 1943

WARTIME FOOD BULLETIN

Fort Worth, April 1 -(USDA)-

The fresh fruit and vegetable situation on the local markets took on a little different picture this week. Apples advanced a little in price, peppers, eggplant, squash and green beans remain in the higher priced bracket, potatoes are still hard to get in carload lots but the stores are able to supply the demand.

Best buys in vegetables are carrots, lettuce, celery, spinach and perhaps radishes and cabbage, although cabbage is not as low priced as last winter. For fruits the better buys are grapefruit and oranges. Pears are still available. Tomatoes reasonable. Dry onions fairly reasonable in price.

The real news for the week comes in the form of a few items of new crop fresh vegetables from the Lower Rio Grande Valley. Yes sir, they are here at last, cabbage, carrots, squash, green beans, spinach, turnip and mustard greens, beets, green onions and one or two others, none of them in sufficient quantity to cause a market "crash" but it is a good indication that very soon now these fresh garden vegetables will be coming in large enough quantities to supply our needs and no doubt prices will decline a little later on. And, we now have fresh new crop green onions right from our own back yard, locally grown and fine quality.

And so we have pulled through another winter without anyone going hungry. Just more proof of what and how Americans do things.

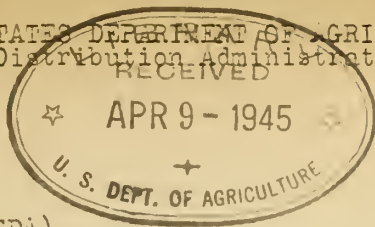
This information comes to you from Paul R. LeGer, Federal Food Reporter for the Food Distribution Administration, U. S. Dep't. of Agriculture.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Food Distribution Administration



511-513 U. S. Court House
Room 2-1365

Fort Worth, Texas
April 8, 1943.

Fort Worth, April 8 --(USDA)--

Supplies of fresh fruits and vegetables increased considerably this week on the local markets and the week witnessed a few price changes, reports Paul R. LeGer, Federal Food Reporter for the U. S. Dep't. of Agriculture. The Rio Grande Valley is supplying much larger quantities of most vegetables than we have been receiving for several weeks, causing several items to drop in price. Most price declines were slight and nothing advanced any large amount.

Squash, both the little yellow and the white ones took the largest price decline, selling in wholesale job lots for around 60 to 70 percent lower than three weeks ago and fully 50 percent lower than 10 days ago. Head lettuce declined, but prices of most items remained about unchanged as of last week.

Why not try one whole week of "point" free menus? With so many different fresh fruits and vegetables point free, eggs, milk, fish, poultry, certain kinds of cheese, all point free, it should be rather easy to prepare a weeks menu absolutely point free. Of course you would need to have the butter and cooking fats on hand before starting this experiment. Many wonderful dishes can be made of eggs. Chicken isn't so bad to take. Fish will do for 2 or 3 meals.

Best buys in the vegetable line this week are carrots, lettuce, celery, home grown green onions and home grown asparagus. For fruits oranges and grapefruit perhaps lead the list.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Food Distribution Administration

★ APR 9 - 1945 ★

Fort Worth, Texas
April 15, 1943

WARTIME FOOD BULLETIN

Fort Worth, April 15 --(USDA)--

Several home grown items are now on the local fruit and vegetable markets causing prices of these items to decline. Prices of a few others from more distant points have also declined due to larger supplies. Increases of prices have occurred on very few commodities since last week and the majority of them are about unchanged, says Paul R. LeGer, Federal Food Reporter for the U. S. Dep't. of Agriculture.

For home grown vegetables we now have asparagus, radishes, spinach, green onions and turnip greens, nice young tender ones too. Asparagus is a little cheaper than last week, turnip greens which for several weeks had been almost out of reach for the common everyday pocket book are now back down in the lower priced bracket and within the reach of nearly every household budget, having dropped over 50% in price in the past few days and the quality very good. The other 3 home grown items are about unchanged.

Plenty of apples, oranges, grapefruit, avacodos, lettuce, celery, tomatoes, several fresh garden vegetables, hot house cucumbers and mushrooms, spinach, dry onions, potatoes and a few others. Mostly the quality is good. Apples still in the higher priced field. Squash has declined so much in price during the past couple of weeks that it is now a near "good buy". Rutabagas and sweetpotatoes are still to be had in small quantities in spite of the fact they were apparently scarce sometime ago. Plenty of good cabbage. A few pears hanging around. New potatoes are more plentiful and just a little lower priced although there certainly is no "flood" of them.

Best buys of the week are carrots, spinach, celery, lettuce, turnip greens and squash in the vegetable line. For fruits, oranges, grapefruit and apples lead the list and even although the latter is perhaps a little high in price it is a good buy when quality and food value are taken into consideration.

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★ APR 9 - 1945 ★

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Phone 2-1365

Fort Worth, Texas
April 29, 1943

U. S. DEPT OF AGRICULTURE
WARTIME FOOD BULLETIN

Fort Worth, April 29--(USDA)--

In most respects the local fruit and vegetable markets coasted along in pretty good fashion this week with most prices about steady, some lower and a few a shade higher. One or two items however almost disappeared entirely according to Paul R. LeGer, Federal Food Reporter.

Irish Potatoes, one of the most important items in our daily diet has met with disaster. They are scarce and prices are at the top of the ceiling, both new and old stock. Brokers and other carlot dealers have been unable to get any large quantities while jobbers and retail merchants are having much trouble in obtaining supplies large enough to meet the demand. In fact it has been necessary for handlers of this commodity to ration them to their customers even though no ration stamps are required. At best, the potato situation at this time is just a little serious.

Head lettuce is scarce and prices high with quality none too good. A few mornings this week the only lettuce available was in the retail stores, wholesalers stocks being completely exhausted. Celery is also a little higher priced.

However, Mr. LeGer says, there is always the bright side to any picture. We have a large variety of fresh garden items to choose from, the quality very good and most of them in large enough quantities to take care of all present needs. A few new items make their appearance from day to day. Newcomers lately were fresh blackeyed peas and green corn --- roasting ears --- fresh ones too. Rather high priced but plenty good, not in very large quantities but they at least made an appearance. A fairly good supply of most greens, radishes, carrots, spinach, squash and in fact most garden items, also apples, oranges and grapefruit. Homegrown asparagus is still available, nice young tender tips and reasonably prices.

Asparagus is a good "Spring Tonic", rich in iron and a good blood builder, a source of vitamin A and the greener it is the more vitamin A it is likely to contain. Try it in a salad -- place a few stalks of cooked asparagus on a lettuce leaf, sprinkle some hard boiled egg over it, add a dash of catsup or serve it with salad dressing ---. In fact there are a lot of ways to serve asparagus, another point in food conservation and in "point" conservation.

Best buys of the week are carrots (our old stand-by), all kinds of fresh greens, spinach, squash, radishes, asparagus, oranges and grapefruit and perhaps green beans and apples.

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